

# *Music, Culture* and *Fine Cuisine Experience* BULGARIA

Explore one of the **most exciting wine regions of the world** as you learn how orchestral music comes together.

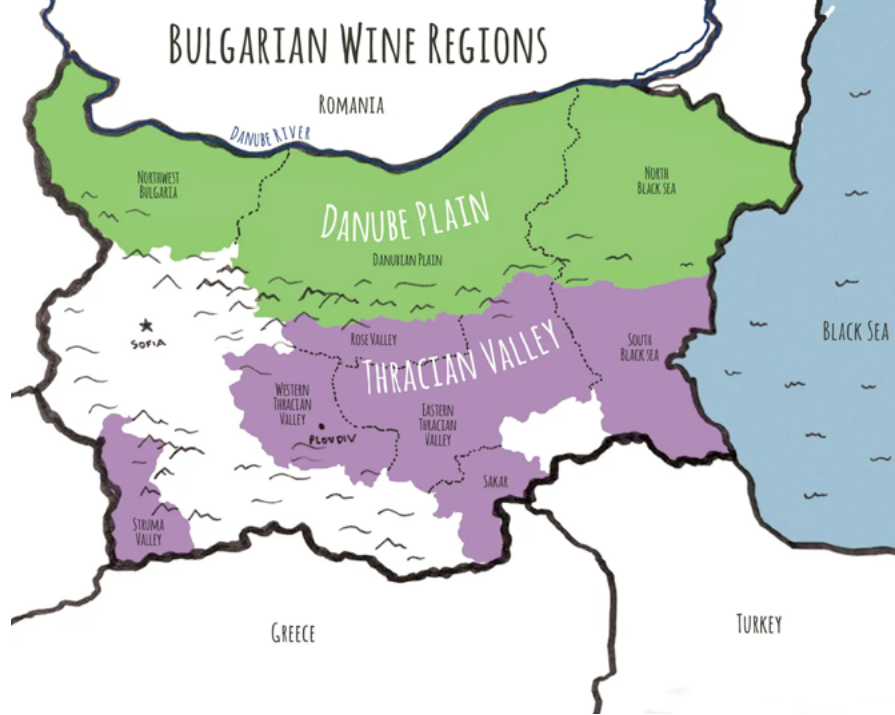
*Brought to you by the Friends of the Sofia Symphonic Summit (SSS), a non-profit that supports emerging musicians.*

Enjoy orchestral music, wine, sightseeing, food, and amazing company in Bulgaria, with **exclusive behind-the-scenes visit** to some of the most exciting wine estates in the Thracian Valley. All while supporting a new generation of talented musicians, as **every ticket includes a donation to the Friends of SSS group!** Our guide, composer and Court of Masters Certified Sommelier *Theo Popov*, DipWSET, specializes in cross-modal interactions – the way our senses influence each other – using groundbreaking research to design multisensory concerts, where each piece of music is paired with the perfect wine that complements it. Theo Popov will lead wine tastings and food excursions around Bulgaria's two biggest cities, sharing the best his native country has to offer.

All participants will have **exclusive access** to activities held by the *Sofia Symphonic Summit*: closed-to-the-public rehearsals of both audience favorites and brand new works written for the Sofia Philharmonic Orchestra, concerts in the historical Bulgaria Hall, as well as a private chamber music performance with a specifically **curated wine tasting**.



“In addition to **excelling at making classic style wines** from international grapes — Chardonnay, Cabernet Sauvignon, Sauvignon Blanc — **Bulgaria has made a mark with unique local varietals, such as Mavrud, Pamid and Gamza.** Grown in the area by various civilizations for thousands of years, these varietals interact harmoniously with the terroir to **offer one-of-kind experiences on the nose and palate.**”



## BULGARIAN CUISINE

Bulgarian food is a fascinating patchwork of different culinary traditions. The fresh vegetables centering most Mediterranean diets are here complemented by cheese and yoghurt first made by the ancient Thracians, grains and beans brought by the Slavs, cured meats first made by proto-Bulgarian nomads, and spices brought via the Silk Road by the Ottomans. These ingredients interact harmoniously in various ways, resulting in elegantly simple combinations – charcoal-grilled meats with a freshly chopped vegetable medley – or elaborately complex stews, bakes and roasts.



## A TRADITIONAL MEAL

With this great variety of food, Bulgarians enjoy a variety of beverages. A salad made from seasonal vegetables – the traditional starter of most meals – is frequently accompanied by a strong rakia, a perky grape or plum brandy, but also works beautifully with a glass of Sauvignon Blanc, which finds a unique expression in the vineyards of this country. Then, a banitsa, a feta-in-filo dough pastry, might be accompanied by a fresh Viognier or a local Misket. And nothing would complement a juicy pork steak or a lamb shank better than the local star red wine, Mavrud.

## ABOUT THE BULGARIAN WINE INDUSTRY

During the 70's and 80's, Socialist Bulgaria ranked among the top five wine exporters by volume in the world, its industrialized production known as a reliable value-for-money, bottom-shelf option throughout Western Europe. With the collapse of communism and the complex land-restoration process that followed, a turbulent two decades threatened Bulgarian wine, but just within the last few years, it has made an impressive comeback globally and started distinguishing itself with some meticulously crafted, boutique vintages that are getting the attention of sommeliers around the world. This trip offers an intimate look at one of the hottest up-and-coming wine regions around the world.



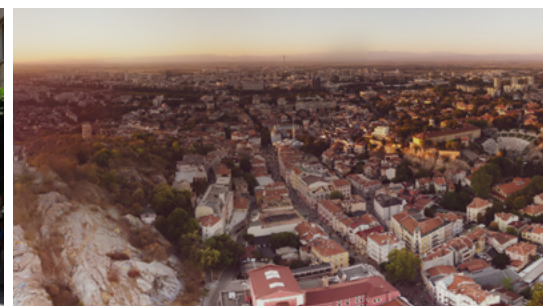
## • July 4-10, 2025 • Schedule\* •

4 • Sofia Arrival

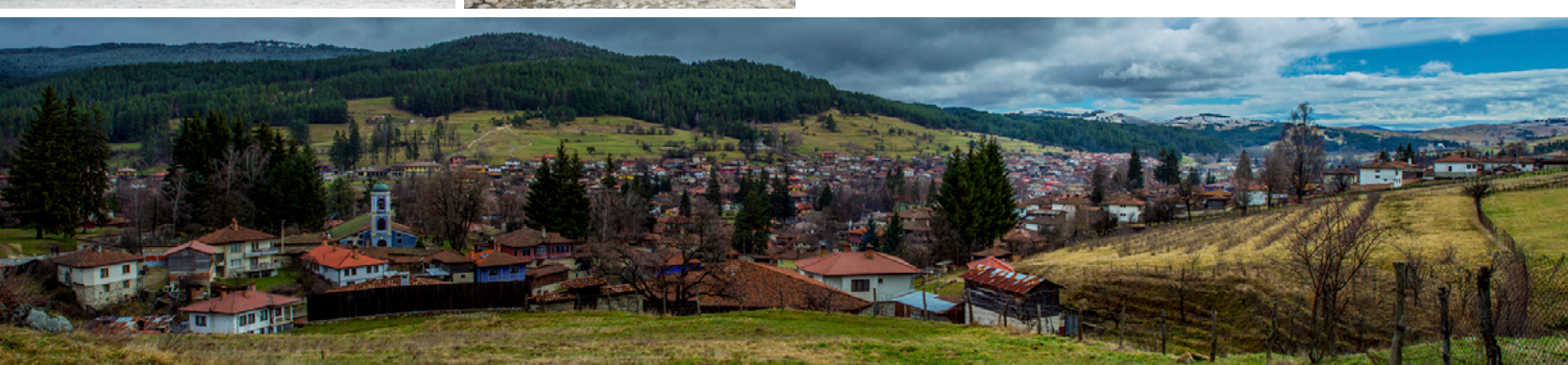
5 • Sofia Exclusive rehearsal with the Sofia Philharmonic Orchestra, walking tour of the Sofia City Center, and visit to the Sofia History Museum. Lunch and dinner at local restaurants. Evening: Welcome cocktail and a Sofia Philharmonic Orchestra concert with works by Mozart and Beethoven.



6 • Plovdiv Wine tasting and food with Theo Popov. We'll be exploring the renowned Thracian Valley PDO, then peel over two thousand years of history in the 2019 European Capital of Culture, Plovdiv. A walking tour of the city will show its multiple layers, from the Roman stadium buried under the Ottoman-era main street to the ancient amphitheater perched on a hill within medieval buildings and overlooking the expansive cityscape. Lunch and dinner at local restaurants.



7 • Plovdiv/ Koprivshtitsa Breakfast at the hotel, followed by return to Sofia. Lunch at Koprivshtitsa, an idyllic mountain town. Evening: fundraising event and Friends of SSS official dinner.





### 8 • Sofia

Morning: tour of Ancient and Medieval Sofia. Lunch. Afternoon: visit to the National Archeological Museum. Evening: our second Sofia Philharmonic Orchestra concert, now with world premieres of new works by international composers, exclusively written for the festival.



### 9 • Sofia

Breakfast at the hotel followed by another exclusive rehearsal with the Sophia Philharmonic Orchestra and meeting with Dr. Diogo Carvalho, SSS Artistic Director. Lunch at the Raketa Rakia, an iconic soviet inspired restaurant. Afternoon: tour of Communist-era Sofia and visit to the Museum of Socialist Art. Evening: chamber music and wine tasting with Theo Popov and *Sofia Symphonic Summit* (SSS) participants and faculty, followed by a chamber music concert.

### 10 • Sofia

Departure



\*Schedule subject to change.

Tickets give **access to all activities** listed above, including hotel rooms, meals, and transportation inside Bulgaria.

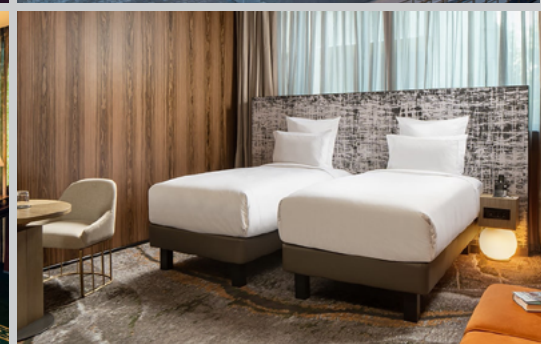
**Cost: \$6,750 per person, double occupancy**

**All tickets include a donation to the Friends of SSS group!**

**RESERVATION FORM**



Sofia Hotel: *Grand Hotel Sofia*



Plovdiv Hotel: *The Emporium Plovdiv - MGallery*

For more information or to reserve by phone, contact: [diogo.sofiasymphonicsummit@gmail.com](mailto:diogo.sofiasymphonicsummit@gmail.com)  
[www.sofiasymphonicsummit.com/mcfce](http://www.sofiasymphonicsummit.com/mcfce) +1 352 214 6490



## WHERE COMPOSER MEETS CONDUCTOR

The *Sofia Symphonic Summit* provides a unique environment where emerging conductors and composers work closely together, manifesting the realization of newly composed works for symphony orchestra, performed by the historically acclaimed Sophia Philharmonic Orchestra.